

THE AMERICAN CENTER FOR **THE ALEXANDER TECHNIQUE**, INC. New York

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ACAT NEWSLETTER \* AUGUST 1987

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EDITORIAL NOTES

This issue of the ACAT newsletter brings you several extensive articles summarizing activities and concerns of ACAT since January. We also introduce a new column on Public Relations I think you will find very informative. It will be one of an ongoing series on various aspects of P.R. Also, there are some items on teachers activities under Members' News and announcements in the Bulletin Board section.

ACAT is now in another transition period in terms of a change in leadership. We find a change in the Director of Training from Barbara Kent to Pamela Anderson and a new position of Executive Director to be filled by Ron Dennis, that incorporates the job of Administrator/Secretary that I have held and more of a leadership role as the title suggests. The inner workings of this transition have been taking place for some time now and these two new Directorships will be official and in place as of September 1, 1987.

I will be stepping down from my role as Administrator and Secretary/Treasurer of ACAT. I feel that I have come a long way with ACAT since I began on April 1, 1985. I will continue to assist in the Teacher Training Program, pursue my private practice more vigorously and continue my involvement with NASTAT.

Two lists are included here for you. A new format for the Teachers' List which reflects a membership of 53 teachers to date and refers to the ACAT TTP and ACAT Affiliates. I would like to introduce 10 new members since the annual meeting last February. They are: 8 new graduates including Diane McCollough Young (June '87) and 7 from the March '87 class - Marta Friedland, Posie Green, Carolyn Kitahata, Melissa Matson, Judith Trobe, Melanie Nevis and Sarah Kampelman; also rejoining are Judith Lakin and Ed Bouchard. Please check your listing and notify the office of any changes or corrections.

The second list is the complete ACAT Alumni, those teachers who hold ACAT New York certificates. I believe this is the first time this has been compiled and is included here for you information.

CREDITS

Editor and production - Cynthia Knapp  
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## BOARD HIGHLIGHTS

Ronald Dennis, Ed.D., Chairman

This past Spring has seen a veritable flurry of activity at the Center--two graduations, our celebration honoring Barbara Kent's "transition," and of course, the first annual meeting of NASTAT, with whose formation we have been so closely involved. Regarding this last, at the first plenary session David Sorman thanked ACAT-NY for authorizing its members to apply 35% of their 1987 dues toward NASTAT membership. An important Board priority for Autumn is reviewing the ACAT dues structure relative to that of the new organization. The Board is also pleased to announce that the Center will make a matching grant to the Barbara Kent Fund, which will then total close to \$4000, earmarked for special projects to enrich the Teacher Training Program. Again, many thanks to all who contributed to this important project.

The nationally-offered Summer Session for Alexander Teachers, first propounded in my last report (December 86), is now history, and can be counted a definite, if modest, success. Five participants, four of whom were non-ACAT trained (1 each Carrington and Ottiwell, 2 Crow), spent the week of July 6-10 with Senior Faculty Judith Leibowitz, Deborah Caplan, Barbara Kent, Lorna Faraldi, and Sarnell Ogus. The consensus is that a rich time was enjoyed by all. Even though we had hoped for more participants, we feel that the offering is viable and that it can be promoted more effectively next year on the basis of this first experience.

There are some recent changes in the Board membership. Beret Arcaya resigned her directorship for personal reasons as of June 1, and Posie Green has been appointed to fill the unexpired term of two and a half years. Beret served on the Board for over five years and was always a strong and valued voice on the issues. We thank Beret for her service and wish her the best. Posie, who graduated from the TTP in March 1987, attended the July meeting and clearly will take an active part in Board affairs.

Another expression of gratitude is due Cynthia Knapp, who is leaving her position as Center Administrator at the end of August. Cynthia, as all should be aware, has run a very tight ship; the Center is a true beneficiary of her consistent and perceptive work in the myriad details of our office operation. Our best wishes go with you also, Cynthia.

Which brings me to an important part of this report from a personal standpoint. The vacancy in Center administration created by Cynthia's departure has corresponded with my own greater availability for Center work by virtue of having taken my doctorate this past May. Thus, I have proposed, and the Board has accepted, a plan whereby I will become Executive Director of the Center, a position that will essentially combine my present duties as Chairman and President with the administrative duties that Cynthia and others have fulfilled to date. This arrangement is provisional, pending amendment of the Bylaws by the Membership at the 1988 Annual Meeting. With this change, the Board is addressing the issues of streamlining and stabilizing Center management. The Board has been chronically overloaded with concerns that could be handled more efficiently by one person or a small committee. A salient feature of the plan is the creation of an Executive Committee consisting of the Training Program and Executive Directors. This committee, meeting frequently, will have broad responsibility to organize and carry out management functions of the Center, under general supervision of the Board. I will be in the office from 12:00-3:30, Monday-Friday, beginning September 1. Have good vacations, or whatever, everybody--see you this Fall.